



In Defense of Food: An Eater's Manifesto

By Michael Pollan

Download now

Read Online ➞

In Defense of Food: An Eater's Manifesto

By Michael Pollan

In Defense of Food: An Eater's Manifesto By Michael Pollan

#1 New York Times Bestseller

Food. There's plenty of it around, and we all love to eat it. So why should anyone need to defend it?

Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion--most of what we're consuming today is longer the product of nature but of food science. The result is what Michael Pollan calls the American Paradox: The more we worry about nutrition, the less healthy we see to become. With *In Defense of Food*, Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: "Eat food. Not too much. Mostly plants." Pollan's bracing and eloquent manifesto shows us how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating.

"Michael Pollan [is the] designated repository for the nation's food conscience."

-Frank Bruni, *The New York Times*

"A remarkable volume . . . engrossing . . . [Pollan] offers those prescriptions Americans so desperately crave."

-*The Washington Post*

"A tough, witty, cogent rebuttal to the proposition that food can be reduced to its nutritional components without the loss of something essential... [a] lively, invaluable book."

--Janet Maslin, *The New York Times*

"*In Defense of Food* is written with Pollan's customary bite, ringing clarity and brilliance at connecting the dots."

-*The Seattle Times*

Michael Pollan's most recent book *Cooked: A Natural History of Transformation*--the story of our most trusted food expert's culinary education--was published by Penguin Press in April 2013, and in 2016 it serves as the inspiration for a four-part docuseries on Netflix by the same name.

From the Trade Paperback edition.

In Defense of Food: An Eater's Manifesto Details

1. Sales Rank: #24319 in eBooks
2. Published on: 2008-01-01
3. Released on: 2008-01-01
4. Format: Kindle eBook

 [Download In Defense of Food: An Eater's Manifesto ...pdf](#)

 [Read Online In Defense of Food: An Eater's Manifesto ...pdf](#)

Download and Read Free Online In Defense of Food: An Eater's Manifesto By Michael Pollan

Amazon.com Review

Amazon Significant Seven, January 2008: Food is the one thing that Americans hate to love and, as it turns out, love to hate. What we want to eat has been ousted by the notion of what we *should* eat, and it's at this nexus of hunger and hang-up that Michael Pollan poses his most salient question: where is the food in our food? What follows in *In Defense of Food* is a series of wonderfully clear and thoughtful answers that help us omnivores navigate the nutritional minefield that's come to typify our food culture. Many processed foods vie for a spot in our grocery baskets, claiming to lower cholesterol, weight, glucose levels, you name it. Yet Pollan shows that these convenient "healthy" alternatives to whole foods are appallingly inconvenient: our health has a nation has only deteriorated since we started exiling carbs, fats--even fruits--from our daily meals. His razor-sharp analysis of the American diet (as well as its architects and its detractors) offers an inspiring glimpse of what it would be like if we could (a la Humpty Dumpty) put our food back together again and reconsider what it means to eat well. In a season filled with rallying cries to lose weight and be healthy, Pollan's call to action—"Eat food. Not too much. Mostly plants."--is a program I actually want to follow. --Anne Bartholomew

From Publishers Weekly

Starred Review. In his hugely influential treatise *The Omnivore's Dilemma*, Pollan traced a direct line between the industrialization of our food supply and the degradation of the environment. His new book takes up where the previous work left off. Examining the question of what to eat from the perspective of health, this powerfully argued, thoroughly researched and elegant manifesto cuts straight to the chase with a maxim that is deceptively simple: Eat food, not too much, mostly plants. But as Pollan explains, food in a country that is driven by a thirty-two billion-dollar marketing machine is both a loaded term and, in its purest sense, a holy grail. The first section of his three-part essay refutes the authority of the diet bullies, pointing up the confluence of interests among manufacturers of processed foods, marketers and nutritional scientists—a cabal whose nutritional advice has given rise to a notably unhealthy preoccupation with nutrition and diet and the idea of eating healthily. The second portion vivisects the Western diet, questioning, among other sacred cows, the idea that dietary fat leads to chronic illness. A writer of great subtlety, Pollan doesn't preach to the choir; in fact, rarely does he preach at all, preferring to let the facts speak for themselves. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From [Bookmarks Magazine](#)

Berkeley, California-based journalism professor and *New York Times Magazine* contributing writer Michael Pollan, whose previous work on the subject includes *The Botany of Desire* and the best-selling *The Omnivore's Dilemma*, has placed himself at the forefront of food writing. He preaches a back-to-basics approach and a close questioning of the avalanche of information that has come out of our diet-obsessed society. Despite the accusations of a few critics as being a little alarmist, a little elitist, and a little obvious (not everyone has the access to or the resources to eat the food Pollan suggests), the book encourages a simple approach to eating that will strike a chord with readers weary of conflicting information and unrealistic weight-loss and wellness programs. So the message of the book and its well-written delivery can't be faulted. The question is, do we need to hear it all again?

Copyright © 2004 Phillips & Nelson Media, Inc.

From Reader Review *In Defense of Food: An Eater's Manifesto* for online ebook

From reader reviews:

Joan Burton:

The book *In Defense of Food: An Eater's Manifesto* can give more knowledge and information about everything you want. So why must we leave the good thing like a book *In Defense of Food: An Eater's Manifesto*? A number of you have a different opinion about guide. But one aim that book can give many information for us. It is absolutely proper. Right now, try to closer using your book. Knowledge or info that you take for that, you could give for each other; you may share all of these. Book *In Defense of Food: An Eater's Manifesto* has simple shape however you know: it has great and big function for you. You can search the enormous world by open and read a publication. So it is very wonderful.

Stephen Thrush:

Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, about to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book can be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the publication untitled *In Defense of Food: An Eater's Manifesto* can be good book to read. May be it might be best activity to you.

Richard Osteen:

Don't be worry for anyone who is afraid that this book will probably filled the space in your house, you will get it in e-book method, more simple and reachable. This *In Defense of Food: An Eater's Manifesto* can give you a lot of good friends because by you looking at this one book you have point that they don't and make an individual more like an interesting person. That book can be one of a step for you to get success. This book offer you information that maybe your friend doesn't learn, by knowing more than additional make you to be great folks. So , why hesitate? Let me have *In Defense of Food: An Eater's Manifesto*.

Erika Yoon:

As a student exactly feel bored to be able to reading. If their teacher requested them to go to the library in order to make summary for some reserve, they are complained. Just small students that has reading's soul or real their interest. They just do what the instructor want, like asked to the library. They go to presently there but nothing reading really. Any students feel that reading through is not important, boring and can't see colorful photographs on there. Yeah, it is to be complicated. Book is very important for yourself. As we know that on this era, many ways to get whatever we wish. Likewise word says, many ways to reach Chinese's country. Therefore , this *In Defense of Food: An Eater's Manifesto* can make you sense more interested to read.

[READ]? In Defense of Food: An Eater's Manifesto By Michael Pollan T5Q8U107ZOB